

**THE EVALUATION OF TURNING TECHNIQUES IN SPORTS
SWIMMING CONSIDERING PHYSIOLOGICAL CHARACTERISTICS
OF THE STUDENTS**

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Due to the high sports, applied, health and general developing value swimming is one of the main sections of social programs of health and physical education of different age groups. The contemporary stage of training of young specialists in the field of physical culture and sports is characterized not only by a multi-level system of training, but also allows to use new approaches in the educational process and to develop the latest technologies in teaching different kinds of sports swimming. However, there are not so many authors who are searching for the ways of individualization in training and develop a methodology taking into account the specifics of sports [1]. Studying in higher educational institutions, students of physical culture departments should receive professional pedagogical knowledge not only in their specialization, but also master knowledge and skills in basic sports among which is swimming. Swimming is also a vital skill that is why the generalization of experience using a differentiated approach, taking into account individual characteristics, for students of different specializations is relevant.

This research was conducted to determine the impact of physiological characteristics of students on the development of turning techniques in sports swimming. Performing turns in swimming is an integral part in covering different distances, the ability to perform turns properly allows you to overcome long distances without breathlessness, and to swim at a sufficiently high speed, i.e., to master sports methods technique at a high level.

Material and methods. The research has been conducted during two years (among the students who entered the University in 2015 and 2016), on the basis of the educational institution Vitebsk state University named after P.M. Masherov. The research involved 71 boy and 27 girls, second - year students. The following methods were used: the pedagogical experiment, testing, pedagogical observation, the methods of statistic processing of research results.

Findings and their discussion. An expert commission of three people was set up to evaluate the techniques. The technique of performing plane rotation related to the "open group" of turns by the "turn" method by the crawl on the back was evaluated. The grade was given for each of the three phases: up-swimming and touching the swimming-pool nosing, grouping and repulsion, sliding and exit after the turn. The obtained data were summarized and the

average grade was set. Such factor as buoyancy of the body in static posture lying on the water was determined. The assessment of the technique was carried out at the sixteenth lesson, during this time, two ways of swimming - the crawl on the chest and the crawl on the back, the technique of starts, and the technique of turns were studied. As a result of the research and statistic processing of the results, we obtained the following data: among the girls 21 people - (77.8%), with good buoyancy and high lying on the water, received a high average score-8.7; Six girls (22.2%), with average buoyancy, received As a result of the research and statistical processing of the results, we obtained the following data: among girls 21 people - (77.8%), with good buoyancy and high lying on the water received a high average score-8.7; Six girls (22.2%), with average buoyancy received as high average score as 8.2 for the technique. There can be noted that among the girls there was no one who had negative or low buoyancy or received a low grade for the technique of performing this turn. Out of 71 boys only 11 students (15%) have good buoyancy and got a high average score - 8.8. 49 people have average buoyancy (69 %), only 5 students of them (7%) received a high grade: average score -8.1, the remaining 42 people (59%) received a satisfactory grade -5.4 points. 11 boys with low buoyancy (15,2 %) received a satisfactory assessment, the average score - 5,1, only one student (1,4 %) could not master the technique of performing a turn and get a satisfactory grade during this period of time, he is likely to need additional classes.

Conclusion. Summing up and taking into account the results of statistic processing of the data obtained, we can surely say that both girls and boys have good buoyancy that allows them to master the technique of plane turns in back crawl, there was revealed a reliable interconnection ($p < 0.05$) during a small number of classes at a high level, The results of pedagogical testing confirmed the need to take into account not only the individual, but also the physiological characteristics of students in teaching sports swimming. [2]

Reference list:

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